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Fort Sam Houston - Home of Army Medicine

May 26, 2005

Briefs . . .

Memorial Day

Moment of remembrance

Americans are asked to pause Monday at 3 p.m. for the National Moment of Remembrance, a time of remembrance and rededication to the values of our country. The Congress established the National Moment of Remembrance to emphasize the real meaning of Memorial Day – the sacrifices of service members past and present who died in service to the nation.

Memorial Day ceremony

Fort Sam Houston National Cemetery will host a Memorial Day ceremony Monday at 9 a.m. Army nurse Maj. Dawn Garcia, a veteran of the Global War on Terrorism, will be the keynote speaker. In addition to the traditional wreath presentation, the program will include music by the Army Medical Command Band, and a children's choir, the Younger Generation, from Plano, Texas. The public is invited.

Harry Wurzbach gate closure

Harry Wurzbach East, which is adjacent to the Medical Museum, is closed due to construction of a new vehicle access control point. The project is scheduled for completion in January. During the closure, the Scott Road gate is open 24 hours, seven days a week. However, people who normally enter through Scott Road, which is one lane, should consider an alternate entrance to avoid delays.

Newcomers' Extravaganza

All permanent party in-processing Soldiers, lieutenant colonel and below, are required to attend a Newcomers' Extravaganza within 60 days of their arrival. The next session is Tuesday at 9 a.m. at the Roadrunner Community Center. Soldiers, civilians and family members will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

Retirement ceremony

Fort Sam Houston's monthly consolidated retirement will be today at 7:45 a.m. at MacArthur Parade Field.

ACS sponsorship training

Army Community Service Relocation Assistance Program will conduct sponsorship training for all service members selected to be sponsors today from 2 to 3 p.m. at the Roadrunner Community Center, Building 2797. The training includes up-to-date information on writing sponsorship letters and helping families settle in the community. A video will be shown. To sign up, call 221-2418.

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Courtesy photo

A Special Troops Battalion Honors Platoon caisson carries Medal of Honor recipient Master Sgt. Jose Lopez to his final resting place at the Fort Sam Houston National Cemetery. Lopez received the Medal of Honor for his heroics during the Battle of the Bulge in 1944. He was the oldest living Hispanic recipient of the medal.

Medal of Honor recipient Jose M. Lopez dies at 94

By Adam Bernstein The Washington Post

Jose M. Lopez, 94, a retired Army master sergeant who received the Medal of Honor for engaging in a series of "seemingly suicidal missions" during the Battle of the Bulge, died May 16 at a daughter's home in San Antonio. He had cancer.

Lopez was born in Mexico, orphaned when he was 8 and worked in a series of subsistence jobs. A short but sinewy man, he boxed lightweight for many years in his youth. After a series of seafaring misadventures — he once was stranded at sea for weeks on a cargo boat with nothing to eat but a cache of bananas — he enlisted in the Army during World War II.

He landed at Normandy a day after the June 6, 1944, invasion, and a bullet smacked into his ammunition belt, grazing his hip.

"I was really very, very afraid," he told journalist Bill Moyers for a television special in 1990. "I wanted to cry, and we saw other people laying wounded and screaming and everything, and there's nothing you could do. We could see them groaning in the water, and we had to just keep walking."

At dawn on Dec. 17, 1944, he and his men were outside Krinkelt, Belgium, shortly after the start of the German offensive through the Ardennes known as the Battle of the Bulge.

Lugging a heavy machine gun, Lopez climbed into a shallow, snow-covered hole that left everything above his waist exposed. He heard the rumbling of a tank, which he figured was American; an Allied soldier a few hundred yards away had failed to signal him of approaching danger.

When he saw the German Tiger tank come into sight and the horde of German foot soldiers around it, he thought of dozens of his men just a few hundred yards away. Aiming at the soldiers around the tank, he killed 10 of them. That prompted the Tiger tank to fire rather recklessly in his direction. It took three shell blasts to knock Lopez over, and he suffered a concussion.

He nevertheless repositioned himself to prevent enemy soldiers from outflanking him, resetting his gun and killing 25 more Germans.

Allowing time for his comrades to retreat to a safer position, he then dashed through the dense and protective forest and avoided

See LOPEZ on Page 4

DoD civilian workers will see big changes

By Jerry Harben Medical Command Public Affairs Office

It's not going to be your father's Civil Service System anymore.

If implemented as envisioned, the Department of Defense's new National Security Personnel System will bring sweeping changes to how DoD civilian employees are hired, promoted, evaluated, paid and separated.

"Those of you who are hearing this is all about reducing salaries affiliated with civilian personnel, reducing bonuses, reducing promotions ... nothing could be further from the truth. That is not what this is about," Mary Lacey said during a town hall meeting at Brooke Army Medical Center on March 2.

Lacey is program executive officer for NSPS.

"Congress did not give me a blank check," Lacey added. "This is not about fixing all the ills of the past, or suddenly giving a big salary increase to folks. We will spend in aggregate about the same on civilian employees as in the past."

What NSPS is about, Lacey said, is giving DoD leaders the flexibility to adjust the civilian work force quickly and efficiently to meet the needs of national defense in the age of the Global War on Terrorism, while preserving employees' essential rights.

She told the town hall attendees that DoD tried to hire a large number of people to translate Farsi shortly after the 9/11 terror attacks, but it took months to gain authority to hire non-citizens with the required language skills.

She noted that the Defense Department operates with 31 personnel systems, and employees are represented by 43 labor unions and more than 1,500 local bargaining units.

"Sometimes it's difficult to get uniformity across the department when we have to deal with that many bargaining units," she said.

Notice of the changes was published in the Federal Register on Feb. 14, and public comment and union consultation have taken place during the spring.

Plans call for NSPS to be implemented in three "spirals." Spiral One includes most GS and GM employees in the United States, and will begin in three phases. Phase 1.1 will include about 60,000 employees at

See CIVILIAN on Page 4

Safety measures ensure safe, fun holiday weekend

By Maj. Gen. George Weightman AMEDDC&S and Fort Sam Houston commander

The Memorial Day weekend traditionally kicks off the "101 days of summer." These 101 critical days are a time of increased travel and a corresponding increase in off-duty fatalities. Statistics from the National Highway Traffic Safety Administration rank Memorial Day weekend as one of the deadliest holidays for alcohol-related traffic deaths. As we relax at lakes, beaches and parties, let us celebrate safely and remember that alcohol impairs judgment and slows reaction time whether you are driving on the roadways or the waterways. Remember, drunk driving is not an accident, it is a

choice and 100 percent preventable.

Through May 11, 83 Soldiers have been killed in privately owned vehicle accidents. The Army Safety Management Information System-1 worksheet should be used for all military personnel traveling by POV for leave, pass, temporary duty or permanent change of station. The worksheet can be found on the U.S. Army Combat Readiness Center Web site at https://crc.army.mil/home/. Access is through your Army Knowledge Online e-mail address, and you must also know your first-line supervisor's AKO e-mail address to complete the form.

Regardless of how you choose to celebrate Memorial Day, ensure that you examine the risks and take the appropriate steps to mitigate them. Focus on alcohol use, heat injury prevention, POV inspections, highway safety, seatbelt compliance, safe driving, boating, water sports, motorcycles and all terrain vehicle operations. In the last eight months, four Fort Sam Houston Soldiers have died due to drowning, POV operation and motorcycle accidents.

Brief your personnel on the risks to their health and to their careers. Always use seat-belts and designated drivers. Think creatively about the hazards we face and be safe. I hope you enjoy this holiday and have a great summer. Don't forget that our Army Medical Department Center and School and Fort Sam Houston Safety Office is a great informational resource.



Maj. Gen. George Weightman

Fort Sam Houston News Leader

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Briefs cont....

Army mandates IA training

To protect data from internal and external threats, the Army established a directive requiring all computer users Army-wide to complete information assurance training no later than June 4. To access the training, civilians and active duty should go to the Army's e-Learning Program at http://usarmy. skillport.com. Once logged onto SkillSoft, click Catalog and then Government IA training. People must have an Army Knowledge Online account to access the system. Contractors should go to www.ia.gordon.army.mil to complete the training requirement. For more information, call Julie Gueller at 221-2010.

Sexual harassment training

The Civilian Personnel Advisory Center will offer Prevention of Sexual Harassment training June 28 from 1 to 3 p.m. at the Equal Opportunity Office, Building 142, in the basement. People should submit their nominations for attendance no later than June 17 via e-mail to TRNG.FSHCPAC@samhouston.army.mil. Phone nominations will not be accepted. For more information, call Lena M. Boutelle, human resources assistant, at 221-0639.

Changes of command Special Troops Battalion

The Special Troops Battalion change of command ceremony will be June 10 at 7:45 a.m. at MacArthur Parade Field. Lt. Col. Barbara Holcomb will assume command from Lt. Col. Steven Bolint.

314th Military Intelligence Bn.

The 314th Military Intelligence Battalion will sponsor a change of command ceremony June 14 at 7 a.m. at the parade field west of the 37th Training Wing Headquarters building at Lackland Air Force Base. Lt. Col. Peyton E. Smith will relinquish command to Lt. Col. Christopher P. Himsl. The 314th MI Bn. falls under the 470th Military Intelligence Group at Fort Sam Houston. For more information, call Sgt. Deborah Herman, 314th MI Bn. Public Affairs Office, at 671-0989.

Housing update

Pest control

Lincoln Military Housing will provide pest control services for the interior and exterior of all Fort Sam Houston Family Housing. Any resident that requires exterminator services should call the "Lincoln at Your Service" request line at (888) 578-4141 or submit requests on the Web site at www.samhoustonlpc.com.

Harris Heights construction

Galaxy Builders has started the demolition process in Harris Heights. The area has been fenced off for the protection of the remaining Harris Heights residents and construction crews. The Harris Heights gate on Harry Wurzbach will remain open throughout the day as a construction site entrance and is restricted to construction traffic only. For more information, call Ron Bennett at 226-5597.

Post halts traffic to test security measures

By Elaine Wilson Fort Sam Houston Public Information Office

Shortly after Sept. 11, 2001, San Antonio drivers had to adjust to a change in their traffic patterns as Fort Sam Houston evolved from an "open" to a "closed" installation to improve security measures.

The post once again asked for patience from drivers May 19 as the antiterrorism office tested the effectiveness of the increased security during its annual post-wide access control point closure exercise.

"This is a Department of Defense-mandated requirement to ensure we can effectively secure the installation in case of an emergency," said Charles Alfonso, an exercise evaluator from the installation antiterrorism office.

The exercise only lasted about five minutes at each gate. At about 10 a.m., post leaders implemented force protection condition DELTA, the highest threat level, which initially requires a gate



Photo by Esther Garcia

Jason Strack, Chenega Integrated Systems security officer, uses cones to stop traffic at the Walters Street gate May 19 during the post-wide access control point closure exercise.

lock-down. Once security officers stopped incoming and outgoing traffic, exercise evaluators observed the speed and effectiveness of the closure.

"We scheduled the exercise at a time when it, hopefully, presented the least inconvenience," said Alfonso. "I think we succeeded in testing a closure of post with a minimal delay to the public."



Photo by Elaine Wilson

Daniel Duron, Chenega Integrated Systems security officer, inspects driver Carl Cure's vehicle at the Interstate Highway 35 entry for Brooke Army Medical Center shortly after the access control point closure exercise ended and normal traffic resumed.

The minor inconvenience is a necessary one, Alfonso said, in case of a real-world emergency, which can range from a terrorist threat to a train derailment involving hazardous materials.

"In an emergency, we just want to immediately secure post to protect people and, if applicable, prevent contamination," Alfonso said.

"This is a good preventive measure and important for the safety of people on the installation," said Staff Sgt. Carlos Hinojosa, Chenega Integrated Systems gate supervisor. "I'm confident in my people and feel we'd be prepared for anything."

If a real-world event occurs, the post's ability to close down the post could be the difference between a far-reaching disaster or a controlled situation. This responsibility falls directly on Chenega security officers, who passed the evaluation with flying colors, Alfonso said.

"They did a great job."

Harris Heights development accelerates

Residents to relocate throughout summer

Fort Sam Houston Family Housing, LP has changed the Harris Heights development plan to expedite demolition and construction.

The original development plan would have replaced 181 homes in Harris Heights in three years, with a July 2007 completion date.

The new accelerated plan offers a November 2006 completion date, with 20 homes finished by January 2006 and 18 to 20 homes completed every following month.

The plan also offers senior NCO housing, which is currently limited; a \$433,000 savings on repair costs within the village; and a reduction of inconvenience created by construction.

To expedite the project, residents will be relocated immediately to villages without ongoing maintenance problems, which include plumbing, foundation movement and severe deferred maintenance. The relocation process will occur in three phases during June, July and August. LMH will offer each family moving allowances and reimbursement for telephone and cable transfer fees. Cleaning requirements also will be waived.

The following addresses are scheduled for a June relocation date:

• **Phase I-Group A:** 216, 170, 164 and 158 Foulois; 1006 and 1004 Patch; and 249, 203, 219 and 225 Hardee

• **Phase I-Group B:** 166, 170, 177, 180, 181 and 186 Birkhead; 211, 209, 207 and 201 Foulois.

The following addresses are scheduled for a July relocation date:

• **Phase II-Group A:** 155, 154, 120, 112, 108, 149, 145, 141, 135, 127, 119 and 101 Birkhead

• **Phase II-Group B:** 157, 153, 143, 135, 131, 129, 123, 109, 105 and 101 Foulois

The following addresses are scheduled for an August relocation date:

- **Phase III-Group A:** 1001 Patch; 131, 129, 127, 121, 117 and 113 Hardee; 1004, 1008, 1010, 1012 and 1014 Scott; and 108 Foulois
- **Phase III-Group B:** 110, 112, 114, 118, 122, 128 and 140 Foulois

Residents identified in Phase I have been notified by an LMH representative

to begin the relocation process. The residents in subsequent phases will be contacted by an LMH representative over the next few weeks to begin the move process.

Demolition for the original Phase 1 started on May 16 and should be complete in four weeks. By mid-June to July, new home construction will begin. As residents are relocated from remaining occupied units, fencing will be immediately relocated and the abatement and demolition process will continue.

When complete, Harris Heights will include 181 new three- and four-bedroom homes for senior NCOs. A new 2,500-square-foot village center with meeting facility, swimming pool, sport court and tot-lot will be built. In addition, small village parks and trail connections will be provided throughout the village.

Housing officials are committed to ensuring a smooth transition for each family. For more information, call the Lincoln Military Housing Office at 270-7638. For residents relocating off post who have questions about school, call the Fort Sam Houston Independent School District at 368-8700.

(Source: Residential Communities Initiative Office)

New law to affect SGLI payments, premiums

By Donna Miles American Forces Press Service

WASHINGTON, D.C. – Department of Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for service members with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, Dec. 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who

have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during operations Iraqi Freedom or Enduring Freedom. The benefit does not apply to service members suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the Secretary of Defense, Wurtz said.

Service members enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5

Lopez

Continued from Page 1

contact with a cascade of enemy small-arms fire

Eventually, the Americans fell back to Krinkelt and held out through the night. The Germans bypassed the town.



Photo illustration by Esther Garcia Retired Lt. Gen. Robert Foley, then Fifth U.S. Army commander, greets retired Master Sgt. Jose Lopez at the funeral for retired Master Sgt. Roy Benavidez in 1998. Foley and Benavidez received the Medal of Honor for acts of bravery and heroism in the Vietnam War, and Lopez for bravery and heroism during World War II.

A few months later, Gen. James A. Van Fleet presented Lopez with the Medal of Honor. The citation recognized the "seemingly suicidal missions in which he killed at least 100 of the enemy . . . (and which) were almost solely responsible for allowing Company K to avoid being enveloped, to withdraw successfully and to give other forces coming up in support time to build a line which repelled the enemy drive."

Jose Mendoza Lopez was born July 10, 1910. He never knew his exact birth town but was raised in Veracruz. His father was gone; his mother said he had drowned. She died of tuberculosis.

With other relatives dead or unable to support him, he made his way to Texas and settled in the Rio Grande Valley town of Mission. There, a family let him sleep in their shed and fed him.

His Medal of Honor citation lists Mission as his birthplace.

He spent time hooking rides on freight trains, and at 17 found himself in Atlanta. Standing 5 feet 5 inches and weighing 130 pounds, he nevertheless fought and pummeled a much bigger man.

A boxing manager who witnessed the beating trained the newly named "Kid Mendoza" and saw him through 52 victories and three losses.

Lopez once said the greatest moment of his boxing career was meeting Babe Ruth, who attended one bout in Atlanta and shook hands with the contenders before the first bell.

In 1936, he joined the U.S. Merchant



Courtesy photo

The Special Troops Battalion Honors Platoon pays a final tribute to retired Master Sgt. Jose Lopez, a World War II Medal of Honor recipient, at his funeral Sunday at the Fort Sam Houston National Cemetery.

Marine and held other maritime jobs.

After his World War II service, he fought in Korea until a ranking officer heard that a Medal of Honor recipient was in battle. He was ordered to the rear and spent months picking up bodies and registering them for burial.

He later was a recruiter, mowed lawns and plowed snow. He was placed in charge of a motor pool and oversaw large crews of maintenance personnel. He retired in 1973.

To maintain his physique, Lopez jogged until age 88. He also saw a trainer three times a week, a regimen that ended three

months ago as his illness worsened.

His wife of 62 years, Emilia Herrera Lopez, died in February 2004.

Survivors include five children, Candida "Marie" Pieratti of Mahopac, N.Y., Virginia Rogers of Ogden, Utah, Beatrice Pedraza of Lima, Peru, and John Lopez and Maggie Wickwire, both of San Antonio; 19 grandchildren; and 10 great-grandchildren.

(Note: This article originally appeared in the May 18 Metro edition of The Washington Post and is republished here with permission.)

Civilian

Continued from Page 1

selected locations, including Madigan Army Medical Center. Phase 1.1 transition is scheduled to begin late this summer.

Phase 1.2 will involve about 120,000 employees, and Phase 1.3 will add another 100,000 employees.

Spiral Two, including wage-grade employees and overseas employees, will begin after evaluation of Spiral One, at least 18 months in the future. Spiral Three will include laboratory employees if legislative restrictions are eliminated. Planners expect the system to be fully in place in 2008.

Labor relations changes will begin as soon as final regulations are effective, and will apply to all employees and labor organizations currently covered by Chapter 71 of Title 5.

"Classification is where you will see the most change. This is where we are going to break the GS scaffolding apart. The current

15 grades are likely to be collapsed into three large pay levels," Lacey said.

Examples of pay levels might include entry level, full performance level and supervisors.

The system of pay step increases every two or three years will be replaced by pay increases based on performance evaluation.

"That is the big fundamental change in NSPS," Lacey commented. She added that no one will get a pay cut as a result of the transition.

Performance also will become more important than seniority during reductions in force.

Locality pay will be replaced by market-sensitive pay that will consider both geographic areas and career fields — members of a profession in short supply in a certain area may get a larger boost than other employees in that area, in order for the government to be competitive in hiring and retention.

Lacey said DoD's leaders are being careful to respect the rights

of employees. "We can't earn trust unless we demonstrate credibility," she said, and added, "Congress did not give me permission to break other laws.

"Changing the personnel system for 650,000 people all at once is a very difficult thing to do. A lot of training has to happen here," Lacey pointed out.

She said functional training will begin at each location some six to eight weeks before transition.

"We are starting in many organizations already what we call the soft-skills training," Lacey said, referring to teaching leaders how to manage change and communicate with employees.

Highlights of NSPS

- Simplified pay banding structure, allowing flexibility in assigning work
- Pay increases based on performance, rather than longevity
- A performance management system that requires supervisors to set clear expectations (linked

to DoD's goals and objectives) and employees to be accountable

- Streamlined and more responsive hiring processes
- More efficient, faster procedures for addressing disciplinary and performance problems, while protecting employee due-process rights
- A labor relations system that recognizes our national security mission and the need to act swiftly to execute that mission, while preserving collective bargaining rights of employees

How to get ready for NSPS

- Visit the NSPS Web site at http://www.cpms.osd.mil/nsps/regularly to stay up-to-date on the latest NSPS information.
- Review your organization's mission and goals. Think about what you can do to help achieve those goals.
 - View this as a positive change.
- Contact your local NSPS program office about local NSPS training.

Important facts about NSPS

- Employees will not lose pay upon conversion to the NSPS pay system.
- All employees, supervisors, managers (including military supervisors) and human relations practitioners will be trained extensively prior to being affected by NSPS.

 Supervisory training will include how to set and communicate clear performance expectations and provide effective, ongoing feedback to employees on performance.
- Employees will have an avenue to challenge performance ratings under the NSPS performance management system.
- Employee representatives will have the opportunity to provide input on the development of the detailed policies and procedures for NSPS that will be issued within DoD, through a formal "continuing collaboration" process provided for in the proposed regulations.

SGLI

Continued from Page 3

cents per \$1,000 of insurance coverage. SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, service members who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected service members won't be charged retroactive

payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said,

"lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there is any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Mentors make a difference

Fort Sam Houston recognizes mentors of the year

Story and photos by Yolanda Hagberg Fort Sam Houston Public Information Office

Ten mentors were recognized for outstanding support. The Fort Sam Houston Chaplains Office hosted a mentor appreciation luncheon May 10 at the Sam Houston Club to honor volunteer mentors who support the Fort Sam Houston and the San Antonio Independent School Districts. Eight mentors received mentor of the year awards for outstanding support during the school year.

The keynote speaker, Dr. Roland Rios, Cole Jr./Sr. High School principal, thanked the mentors, the students and the Fort Sam Houston mentor program staff for their continued support.

"Your work is important to them (mentees) because it shows that someone out there cares for them," said Rios to the mentors.

"Your work is appreciated because you freely give of yourselves. In addition to



Leroy Johnson of Cameron Elementary School and his mentor, retired Col. Howard Cain, enjoy the mentor appreciation luncheon at the Sam Houston Club May 10.

giving the students a message of caring, you also give us the educators a wonderful lesson," said Rios.

One by one, the mentors were called to receive the mentor of the year award for their school. As the awards were presented, each student expressed their appreciation for his or her mentor.

"The most unselfish person in my life is my mentor Miss Jennifer Hines," said Artrecia Hardaway of Fox Tech High school about her mentor, Maj. Jennifer Hines, from the U.S. Army Medical Department Center and School. "My mentor comes to see me as often as she can to teach me about the values of life. I can talk to her if I am happy or sad. She is a wonderful person who showed me never to let anyone steal my joy."

Other mentors recognized include: Bonnie Acres for Tynan Elementary; Master Sgt. Jacqueline Hamilton for Pershing Elementary; Staff Sgt. Michelle Klopp for Leon Springs Elementary; Avis

Nicholas for Fort Sam Houston Elementary; Howard Baer for Cole Jr./Sr. High School and Southwest Prep High School; Howard Cain for Cameron Elementary; Capt. Johnny King III for Washington Elementary; and Paul Anderson who received a 10-year mentor certificate.

Raul Zamora of the San Antonio Independent School District office was recognized for his outstanding contributions to the Fort Sam Houston Community Mentor program. He has been the liaison between the Fort Sam Houston Community Mentor program and the SAISD for several years.

A mentor himself, Chaplain (Col.) Edward Maney, installation chaplain, received special recognition for his contributions as the proponent for the mentor program and appealed to the audience to help find more mentors.

"If you know someone looking for a challenge, encourage them to fill out an application and become a mentor. Each individual can make a difference," said Maney.

During the luncheon, the guests were serenaded by students from the Fox Tech mariachi group under the direction of David Zamirripa.

Through the Fort Sam Houston Community Mentor program, individuals volunteer to spend 60 to 90 minutes per week

in one-on-one mentoring sessions in local schools with selected students. The program is command sponsored, so the volunteers receive work time each week to complete the mission. Although no special background or experience is required, volunteer mentors must exercise good judgment,



Leon Springs Elementary School student, Ariel Seitzer, presents her mentor, Staff Sgt. Michelle Klopp, a red rose to express her appreciation during the mentor appreciation luncheon May 10.

remain objective and relate effectively. Each must receive a recommendation in order to participate. Employees must receive a recommendation from their immediate supervisor.

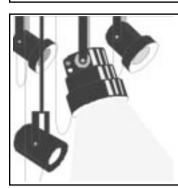
For more information about the Fort Sam Houston Mentor program, call Brian Merry at 221-5005 or 221-5007.

Change of responsibility



Photo by Esther Garcia

(From left) Capt. Liquiri Etheridge, E Company, 187th Medical Battalion commander, outgoing 1st Sgt. Gerald Peters, incoming 1st Sgt. Clay Istre, and senior Drill Sgt. Carol Pryce, walk toward Drill Sgt. Freddie Polite, to commence the E Company change of responsibility ceremony May 13 at MacArthur Parade Field. "My goal as first sergeant of E Company, 187th Med. Bn., is to ensure we produce validated Soldiers who are competent technicians in their respective fields," Istre said.



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

IRS, DoD officials encourage improved tax compliance

By Donna Miles American Forces Press Service

WASHINGTON, D.C. — Internal Revenue Service officials have asked the Defense Department to help ensure that DoD federal civilians receiving pay or retirement checks from Uncle Sam also pay him his due in federal income taxes.

A great percentage of federal employees and retirees pay their federal taxes than the general public, but some still do not always fully comply with the tax laws, IRS commissioner Mark Everson said in letters to Defense Secretary Donald H. Rumsfeld and the service secretaries.

That can undermine the U.S. tax system that relies on voluntary compliance,

"If the public perceives that federal employees do not maintain the highest level of tax compliance, public confidence in government will suffer," he said.

An IRS analysis showed that, as of October, the delinquency rate for civilian employees of federal agencies and departments was 3.8 percent.

The rate for DoD federal employees was slightly higher, at 5 percent, Everson reported in a letter to Secretary Rumsfeld. That rate was up from 4.8 percent in October 2003, he said.

"In all instances, we have attempted to contact these individuals," he said. "Although many of them are attempting to resolve their tax problems, some are not." In response, DoD officials are working to get the word out to civilian employees and retirees that they are required by law to pay their federal income taxes.

A two-line message on recent civilian leave and earning statements reminded employees in arrears with their tax bills to contact the IRS, said Claudia Bogard of the Defense Finance and Accounting Service

DoD civilian policy officials said stronger measures are possible. Employees who fail to pay their taxes can have their pay garnished, and outstanding tax debts can also affect their ability to obtain or maintain a security clearance.

Current tax delinquency rates for active-duty service members were not available because troops serving in a combat zone are entitled to extensions for filing their tax returns, said Emilie Frazier, a senior IRS policy analyst. Of all categories of federal employees, she said, active-duty service members generally have the highest rate of tax compliance.

However, the rate for military retirees is less stellar, Frazier said. Part of the problem, she said, could be that military retirees are not aware that their pensions are federally taxable. Another could be that there is no requirement that they automatically withhold federal taxes from their retirement pay, she said.

The IRS is conducting an outreach program to inform retired military employees about their tax responsibilities, Frazier said.

BAMC recognizes patient advocates for selfless service

By Gloria Quarterman
Brooke Army Medical Center Public Affairs

Eighteen "real life heroes" were honored for bringing extraordinary customer service to the field of health care as part of the fifth annual Brooke Army Medical Center Patient Advocacy Week celebration in April.

BAMC Commander Brig. Gen. C. William Fox Jr. and his wife, Jan, presented awards to the winners of the patient advocacy contest and also recognized 52 people nominated for a customer service award.

Fox said that patient advocacy means being willing to serve rather than being served.

"We know that without the help of many, we would not be able to meet customer expectations, solve problems or improve customer satisfaction," Fox said. "The image of this facility is represented, not by the structure, but by each individual employee that enters BAMC everyday."

Capt. Gerald C. Ross III, U.S. Army
Institute of Surgical Research, took first
place in the contest. Ross was nominated
because of his caring professional service
as a registered nurse in the Burn Unit.
Ross not only cares for his patients, but he
also makes it a priority to see that the families are well informed. He is member of
the flight team that transports injured
Soldiers to BAMC's Burn Unit from Iraq
and overseas. His nomination cited him as
"untiring voice and advocate for our
Soldiers, some of which are unable to
speak for themselves."

Joan Brown-Perry, assigned to special procedures in radiology, won second place. She was recognized for being one of the most positive role models of clinical excellence in the department. Her nomination said she advocates for the patients when they are at their most vulnerable — prepped in a hospital gown, on stretcher, separated from family members and waiting for a procedure. She coaches the patients from the time of entry into the department to discharge.

Maj. T. Steve Clark, Family Medicine Services, was the third place winner. Clark goes above and beyond the call of duty to ensure the well-being of his patients. His concern for wounded Soldiers and their families keeps them motivated when it is most important. Clark's nominator said, "A person like Major Clark is what encourages Soldiers to re-enlist or stay active duty beyond a disabling injury."

Four awards were presented for special acts:

- Sgt. David Runyen, operating room NCO, rarely comes in direct contact with patients, but he orders supplies for all surgical services.
- Maj. Gorrell-Goode, a nurse assigned to Ward 2N SICU, is a major support source for the staff as she performs daily checks on each patient and family member to see that their needs are met.
- Dr. Hal Allen, Department of Nursing, listener, designed the curriculum for communication skills training for listeners, patient transport, wards and



Photo by Kelly Schaefer

Capt. Gerald C. Ross III, U.S. Army Institute of Surgical Research, took home first place honors in the patient advocacy contest. Ross is a nurse who works in the burn center and serves on the burn flight team that has made 37 trips to Landstuhl Regional Medical Center in Germany.

Department of Ministry volunteers.

• Bill Townsend, Patient Representative Office, has provided more than 2,000 hours of volunteer service reflecting his positive support to both patients and staff.

The Group Award went to 11 nurses assigned to Ward 3 East for their enthusiasm, caring and professional patient care. Their teamwork, when advocating on behalf of patients, reflects how each of them are ready and willing to assume

a leadership role in support of patient care. The team comprises Capt. Teresa Kuster, 1st Lts. Dana Ritchiee and Robert Kopczyk, 2nd Lt. Rachel Schlueter, J.B. Arrington, Angie Dow, Chris Miller, Peggy Muhammad, Chris Timmons, Bobbie Jo Crasher and Raquel Wallace.

Each recipient received a pin from the U.S. Army Medical Department, Center of Excellence for Customer Relations.

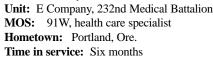
TROOP SALUTE





Soldier of the Week

Name: Pvt. Kyle Wilson



Future goals: Cardiovascular surgeon, Special Forces

Reason for enlisting: To help Soldiers on the battlefield and further my medical career

Latest Accomplishment: Having a son a year ago



Junior Leader of the Week

Name: Pvt. Matthew Goldhagen
Unit: E Company, 232nd Medical Battalion
MOS: 91W, health care specialist
Hometown: Sleepy Hollow, N.Y.
Time in service: One year

Future goals: Ranger school and Special Forces

Reason for enlisting: To serve the country that has given me so much

Latest Accomplishment: Receiving the commanding general's award at basic combat training

187th Medical Battalion



Soldier of the Week

Name: Pfc. DeForest Bowman MOS: 91E, dental specialist Hometown: Tallahassee, Fla. Time in service: Eight months

Future goals: Obtain a commission as an officer

Why did you volunteer for service: Help further my education as well as serve my country Latest Accomplishment: Received Emergency Medical Technician-B certification

Year-round mosquitoes increase risk of heartworm



With San Antonio's warm winters and hot summers, mosquitoes are a year-round nuisance. It also means that heartworm disease is a year-round problem for pets.

Heartworms are a blood parasite carried by mosquitoes. It starts when a mosquito bites an infected dog and ingests immature larvae. The mosquito then deposits the immature larvae into the blood stream of an uninfected dog. The larvae develop and migrate into the dog's heart and lungs, where they grow to enormous lengths (up to 14 inches). Eventually, this infestation causes severe heart and lung problems and

can lead to death. Symptoms such as lack of energy, appetite loss and coughing may occur.

Pet owners should have their dog tested for heartworms. If negative for heartworms, the veterinarian can administer an appropriate preventative to ensure the dog stays heartworm free. Dogs that test positive for heartworms have to undergo special treatments; however, treatment for heartworm positive dogs is expensive and is not 100 percent safe.

Prevention is the key and preventatives must be given on time to maintain a dog's health. Per Army Medical Department Center and School and Fort Sam Houston Regulation 40-3, all Fort Sam Houston residents must have their dogs tested periodically and placed on veterinarian approved heartworm prevention.

For more information, people should contact their veterinarian or call Fort Sam Houston Veterinary Services at 295-4260. (Source: South Texas Branch Veterinary Services)

Musical tribute



Photo by Andricka Hammonds

The Incarnate Word High School Madrigals perform May 19 at Brooke Army Medical Center for the staff and wounded warriors. The choir sang a rendition of Frank Sinatra songs for the audience.

New copier demo

Fort Sam Houston's leased copier services requirement was awarded to Konica-Minolta Business Solutions. As a result, the majority of U.S. Army Garrison and tenant activities on post will soon have their Ricoh copiers replaced with Konica-Minolta equipment. This changeover will be scheduled and accomplished in multiple phases. In preparation for the transition, the Directorate of Information Management will sponsor a copier equipment demonstration by Konica-Minolta Business Solutions today from 9 a.m. to 4 p.m. in Building 2841, Room 2122. Customers are encouraged to take advantage of this opportunity to preview working models of the copier equipment being offered. Organization points of contact must attend or send an alternate. Representatives from Konica-Minolta will be available to answer technical questions as well as provide pricing information. For more information, call Laurence Gonzales at 221-0597.

Akeroyd Blood Center urges donors to give '5 in '05'

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its "5 in '05" campaign.

Participating donors will receive a "5 in '05" card and be recognized at a special ceremony at the end of the year.

For more information on the "5 in 05" program, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays. (Source: Akeroyd Blood Center)

Samoan entertainment



Photo by Shasta Bell

Members of the Tausala O Samoa dance troupe from San Antonio displayed their dance talents during the annual Asian Pacific American Heritage Month Celebration at the Hacienda Recreation Center on Thursday. More than 120 Soldier medics participated in this event sponsored by Morale, Welfare and Recreation, the 32nd Medical Brigade Equal Opportunity and the U.S. Army Garrison Equal Opportunity offices. "I thought it (the event) was a very big eye opener to the different ethnicities that make up this world," said Pvt. Samantha Steiner from B Company, 232nd Medical Battalion. "It was done in such an enjoyable, entertaining manner."

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are Wednesday at 9 a.m. in Evans Theater, Building 1396, and June 21 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMED-DC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

SPORTS

Golf tournament supports Fisher Houses

By Kim Taylor Brooke Army Medical Center Auxiliary

The Fifth Annual Fisher House Charity Golf Tournament sponsored by the Brooke Army Medical Center Auxiliary was held Thursday at the Fort Sam Houston Golf Club. The event included celebrity guest, Joey Gilbert from the NBC TV show, "The Contender," 147 golfers and several volunteers and raised \$31,000 to donate to the Fisher Houses.

"It was a year of great success", said Nikki Hendrickson, tournament's co-chairperson. "We had so much support from national companies and local businesses sponsoring our tournament, as well as so many people interested in playing in the tournament."

This year's tournament had the largest number of players and surpassed last year's donation by 300 percent.

Gilbert and his father, Lt. Cmdr. Warren Gilbert, attended the tournament to offer their support to the wounded service members. Two of their teammates were Matt Braddock, an amputee Soldier under treatment at BAMC, and his uncle, Tom Gazkey.

Numerous companies helped sponsor the event.

"It is so heart-warming to see all the companies and area businesses who have donated not only money, but prizes to help make this tournament a success," said Lucy Ellison, the tournament financial support officer. "San Antonio is a very generous city."

The two BAMC Fisher Houses serve as a "home away from home" for families of military members recovering at the hospital. Many families face large expenses for temporary living, and the Fisher Houses help fill their housing need. All the donations from the tournament will help offset nightly stays for families, as well as help support the upkeep of the Fisher Houses.



Photo by Michael Motl

Ranger Jones tees off at the 16th hole of the Fisher House Charity Golf Tournament held Thursday at the Fort Sam Houston Golf Club.

SWRO Woodhackers 0 Intramural Spring Softball

Standings as of May 19

Intramural Golf Standings

as of May 18

TOTAL POINTS

255

246.5

244.5

243

240

238.5

209.5

209.5

207.5

203

193

191

189.5

183.5

177

113

87

24

108.5

TEAM

Garrison #1

Garrison #2

BAMC #1

Academy Bn. #1

SWRO Duffers

Medcom #1

Medcom #2

Bunker Busters

5th Recruiting Bde.

Dencom Extractors

SWRO Scramblers

Academy Bn. #2

BAMC Troop Command

USAISR

Enforcers

GPRMC

Dentac

Misfits

USARSO Dawgpound

TEAM	\mathbf{W}	${f L}$
Academy Battalion	11	0
5th Army	10	1
BAMC	7	3
USARSO	7	3
Fire Department	6	4
War Pigs (Co A, STB)	5	4
NMCRC	4	7
Mil Honors	3	7
MEPS	2	8 Dropped
Tigers (NMCRC)	1	9
USARSO Dawgs	0	11

SPORTS BRIEFS . . .

'For the Soldier' Golf Tournament

The Alamo Chapter of the Association of the United States Army will sponsor its eighth annual "For the Soldier" Golf Tournament June 27 at the Fort Sam Houston Golf Course. Cost is \$75 for non-club members and \$55 for members. Soft spikes are required. All proceeds will be used to benefit Soldiers and their families. For more information, call (830) 228-5482 or e-mail director@alamochapterausa.org or go to www.alamochapterausa.org.

Lt. Col. Darrel Andrews, Directorate of Emergency Services director, presents a certificate of appreciation Monday to Leo DeMille, a retired service member, for his assistance to the Provost Marshal Office. DeMille observed suspicious activity in the Salado Creek area and discovered damage to government property. People can help fight crime in their neighborhood and workplace by locking up their property, contacting the police concerning suspicious persons or activity and becoming involved in community activities such as National Night Out and Neighborhood



Crime stoppers



Photos by Linda Furlow

Lt. Col. Darrel Andrews, Directorate of Emergency Services director, presents a certificate of appreciation Monday to Sgt. 1st Class Kevin Strickland of C Company, Academy Battalion, for his assistance to the Provost Marshal Office. Strickland assisted Fort Sam Houston police in capturing a fleeing suspect. Alert residents and visitors are essential in fighting crime and terrorism on post. To report suspicious activity, call the Fort Sam Houston police at 221-2222. For more information on crime prevention programs, call Linda Furlow, Crime Prevention, at 221-9686.

Kid's Fit Club offers summertime fun, fitness, nutrition

By 1st Lt. Rachel Villarreal
Brooke Army Medical Center Nutrition Care Division

The Nutrition Care Division at Brooke Army Medical Center has created a fun and exciting way for children to stay healthy and stay active during the summer. The Kid's Fit Club will begin June 2 for new members.

Club members will meet for three Thursdays from 4 to 5 p.m. to become experts in eating healthy and staying active. The first club meeting will require the involvement of parents and children ages 8 to 13. After attending three consecutive meetings, members will receive a certificate of completion and membership. The club dates are June 2, 9 and 16; July 7, 14 and 21; and July 28, Aug. 4 and 11.

Members will make healthy snacks, learn nutrition facts and participate in nutrition relays. Participants also will receive incentives to obtain 25, 50 or 100 miles of activity. Once goal mileages are reached, members will earn prizes and become bronze, silver or gold members.

To get involved, people can get a referral from their health care provider or call 916-5525 to secure their spot in the hottest club in town; space is limited.

CAREER CLIPS

Residence Manager, San Antonio: Hire and supervise employees, ensuring adequate staffing; participate in sales and marketing activities; conduct pre-residency evaluations of all prospective residents to ensure they meet the criteria established by state regulations and ARC operating standards.

Division Controller, San Antonio: Responsible for preparing financial statements with supporting schedules, performing financial analysis of the division's operations, and presenting financial results; maintain, train and mentor adequate staff to complete all accounting functions accurately and efficiently; ensure proper auditing of the financial results of the entity in support of the company's annual audit and the entity's quarterly IGF audits.

Court Operations Clerk, San Antonio: Perform data entry of case information; create, maintain and update case files; issue and mail citations and notices; answer questions in person and by telephone regarding case filing and court operations.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or call 221-1213.

Class	Date	Time
Office Yoga	1	12 to 1 p.m.
Weigh for Health	3	12 to 1:30 p.m.
Breastfeeding Support Group	3	1 to 2:30 p.m.
Adult Asthma	3	2 to 3:30 p.m.
Diabetes Education	6	12:45 to 4:30 p.m.
Winning Combinations	6	1 to 2:30 p.m.
Colonoscopy	7	10:30 to 11:30 a.m.
Diabetes Education	7	12:45 to 4:30 p.m.
Breast and GYN Cancer Support Group	8	9:30 to 11 a.m.
Fibromyalgia Treatment Group	8	1 to 3:30 p.m.
Weigh to Stay	8	3 to 4 p.m.
Breastfeeding Support Group	10	1 to 2:30 p.m.
Pediatric Asthma	10	2 to 3:30 p.m.
Diabetes Education	13	12:45 to 4:30 p.m.
Diabetes Foot Care	13	1 to 2:30 p.m.
Colonoscopy	14	10:30 to 11:30 a.m.
Diabetes Education	14	12:45 to 4:30 p.m.
Stress Management	14	1 to 2:30 p.m.
High Blood Pressure	15	9 a.m. to 12 p.m.
Office Yoga	15	12 to 1 p.m.
Weigh to Stay	15	3 to 4 p.m.
Breast and GYN Cancer Support Group	16	1:30 to 3 p.m.

Army Community Service

Family Advocacy Program Class Schedule June 2005

Class Title	Dates	Class Time		
Anger Management Awareness	13	11 a.m. to 12:30 p.m.		
Basics of Breastfeeding	15	10 to 11:30 a.m.		
Boys Only!				
Ages 6 to 8	8	9 to 10 a.m.		
Ages 9 to 10	22	9 to 10 a.m.		
Building Effective Anger	2 and 9	11 a.m. to 12:30 p.m.		
Management Skills Series (5 and 6)				
New Series	23 and 30	11 a.m. to 12:30 p.m.		
Child Safety	13	1 p.m. to 2:30 p.m.		
Coping with Difficult People	20	1 to 2:30 p.m.		
Getting Ready for Childbirth 1 and 2	23 and 30	9 a.m. to 12 p.m.		
Girl Talk!				
Ages 6 to 8	Wednesday and 29	9 to 10 a.m.		
Ages 9 to 10	15	9 to 10 a.m.		
Healthy Pregnancy	20	9 a.m. to 12 p.m.		
Helping Us Grow Securely	7, 14, 21 and 28	9 to 11 a.m.		
(H.U.G.S.) Playgroup				
S.T.E.P. Program for Parents of	10, 17 and 24	1 to 3:30 p.m.		
School Age Children				
S.T.E.P. Program for Parents of Teens	7 and 14	11 a.m. to 12:30 p.m.		
Stress Management I and II	7 and 14	1 to 2:30 p.m.		
Truth or Consequences?	7, 14 and 21	4:30 to 5:30 p.m.		
You and Your Baby	8 and 22	8 a.m. to 12 p.m.		
Class space is limited. To register for classes or for more information, call Army Community				

Service Family Advocacy Program at 221-0349 or 221-2418.

MWR

Recreation and fitness

Library display

The library is now featuring a display of books, videos and DVDs in support of May as National Physical Fitness and Sports Month. A variety of books and pictures are also on display in honor of Asian Pacific American Heritage Month.

AC service at the Auto Craft Shop

Get ready for summer with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.fortsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-3962.

3-D archery at Camp Bullis

The next 3-D shoot is Saturday and Sunday; check-in is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards are given to the top three in each class. Saturday's shoot is \$15, all competitive, and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult, and a playground is available. It is open to the public. For more information, call 295-7577.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available from June to August. The cost is \$175. For registration information, call 224-7207.

Free 5K Fun Run

The Jimmy Brought Fitness Center will honor National Physical Fitness and Sports Month by offering a free 5K Fun Run and Walk Saturday at 10 a.m. For more information, call 221-2020 or 221-1234.

Aquatic Center opens

The Aquatic Center opens for summer Friday. The 50-meter Olympic size swimming pool will be open daily from noon to 8 p.m. The center has three amusement park-style water slides, a kiddie pool and locker rooms with showers. For more information, call the Jimmy Brought Fitness Center at 295-8861.

Swimming lessons

Swimming lessons will be available at the Aquatic Center this summer from June 6 to 17, June 20 to July 1, July 11 to 22 and July 25 to Aug. 5. For more information, call the Jimmy Brought Fitness Center at 295-8861 or visit www.fortsamhoustonmwr.com under the recreation link.

Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is payas-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

Dining and Entertainment

Sam Houston Club, 224-2721

Bingo

Big bucks bingo is scheduled for June 4. A \$10,000 pay out is guaranteed.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Bowling Center, 221-3683

Rock n' Bowl

Rock n' Bowl is June 11 from 7 to 9 p.m. The cost is \$10 per person which includes shoes, hotdog and a soda. This summer's kick-off event features black light bowling and live music by San Antonio's hottest DJ. San Antonio military double tournament

This tournament is scheduled for July 23 and 24. Registration is \$30 per doubles team and open to all Department of Defense ID cardholders. A \$400 first prize will be awarded. **Unit bowling**

Unit bowling is Wednesdays from 3:30 to 5 p.m. and Thursdays from 12:30 to 5 p.m. Active duty bowlers pay \$3 per person for unlimited bowling, with up to eight Soldiers per lane.

Family Bowling Day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Soldier appreciation

Soldier appreciation day is Saturdays from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Summer Junior Camp at Golf Club

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods is available at the Golf Club. The cost is \$110 and includes a new set of clubs. **Golf lessons**

Private customized and personalized instruction are offered at the golf course. **Pro Shop sale**

A Father's Day sale will feature 10 percent off all iron sets, bags, wood, wedges, and Dexter and Etonic shoes. A Wilson Jack pack, which includes two DZ balls and hat, is \$20.

Harlequin Dinner Theatre

The theater presents "Crimes of the Heart" featuring Beth Henley Wednesday through Saturday evenings through July 2. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket

office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and closed Sundays and Mondays. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

New customer feedback process

The Information Technology and Telecommunications Office will implement a new customer feedback process Monday that will give customers an opportunity to provide comments on the quality of information technology services provided by ITT.

The process will involve automatic generation and delivery of an e-mail upon completion and closure of a service order or "trouble ticket" in the IT Service Order system.

Included in the e-mail notification will be a "link" that will provide customers access to a survey form.

The survey form will be pre-filled with a customer's profile information obtained from the closed work order; customers will be asked to render an evaluation of services provided, plus share any additional comments desired. If deemed appropriate, customers may also request a direct response from the director of Information Management or ITT management through the survey

For more information, call the ITT Help Desk at 221-5305.

RELIGIOUS HAPPENINGS . . .

Wives of warriors

Deployed Spouses Support Group in affiliation with Protestant Women of the Chapel meet every second and fourth Wednesday of the month at the Dodd Field Chapel at noon for worship, fellowship and support. For more information, call Wendy at 559-3497 or e-mail whfeagler@yahoo.com.

Medical Hold Patients Luncheon

The Men of the Chapel will sponsor a Medical Hold Patients Luncheon at the Brooke Army Medical Center park area today from 11 a.m. to 1 p.m. The community is invited to let the Soldiers know their sacrifices are appreciated. For more information, call Claudie Simpson at 673-0687 or e-mail Cdsimpson77@aol.com.

PWOC Bible study

The Protestant Women of the Chapel offers a summer Bible study every Wednesday in June from 9:30 to 11:30 a.m. at Dodd Field Chapel. The summer session will study the book "Becoming a Contagious Christian" by Mark Mittelberg, Lee Strobel and Bill Hybel. Free child care will be provided. For more information, call Jenifer Sones, PWOC publicity, at 271-3174.

Interfaith Calendar . . .

Sunday: Corpus Christi - Catholic Christian - Christian (Roman Catholic) celebration in recognition of the Eucharist - the Blessed Sacrament of the Body and Blood of Christ. The real presence of the body and blood of Jesus is honored.

Sunday: Ascension of Baha'u'llah - Baha'i recollection of the death of Baha'u'llah, the founder; observed by prayers and readings. Work is suspended.

June 3 - Sacred Heart of Jesus - Roman Catholic Christian occasion to pay homage to Christ's all encompassing love for humanity. Solemn worship is observed.

June 4 - Immaculate Heart of Mary - Catholic Christian honoring of Mary, mother of Jesus.

June 9 - Ascension - Orthodox Christian recognition of the departure of Jesus from Earth after the resurrection, perhaps the earliest observed celebration in Christianity. It is observed with worship, to include prayers and music.

San Antonio honors America's armed forces with parade



Photos by Esther Garcia

Civic groups participate in the annual Armed Forces Day parade Saturday in downtown San Antonio. The parade's patriotic theme was reflected in red, white and blue decorated floats and vehicles.



Members of Veterans of Foreign Wars, Sam Houston Post 76, march toward the Alamo in San Antonio's fourth annual Armed Forces Day parade.



Sgt. Hermelinda Rippstine, a Fort Sam Houston military ambassador, waves to the crowd from the parade's military float along with Air Force representatives Staff Sgt. Brian Bendele, Lackland Air Force Base; 2nd Lt. Grant Homer, Randolph Air Force Base; Tech Sgt. Heather Ransom, Air Intelligence Agency; and 1st Lt. Laura Chavez, Brooks City-Base.

By Elaine Wilson Fort Sam Houston Public Information Office

Hundreds of San Antonio residents braved the heat Saturday to honor America's armed forces at the fourth annual All American Armed Forces Parade in downtown San Antonio.

The parade is a tribute to the military, as well as law enforcement, firefighters, emergency medical service workers and mail carriers.

"The military keeps us doing the things we're doing as a free society," said Command Sgt. Maj. Nieves, Fifth U.S. Army command sergeant major. "Taking the opportunity to display the services is a tremendous thing to do."

Sixty floats and vehicles decked out in red, white and blue represented civilian, military and veterans organizations. Fort Sam Houston's military ambassadors, and the Army Medical Command Band joined Nieves in representing the post.

"I truly enjoy participating in these events," said Nieves, who also participated in last year's parade. "What warms my heart is watching the crowd – young and old, male and female — all stand up when they see the flag. It's a great feeling to know the military has that support."

Armed Forces Day was established Aug. 31, 1949, to replace separate Army, Navy, Marine Corps and Air Force days. President Harry Truman also announced the holiday in a presidential proclamation Feb. 20, 1950. According to the Defend America Web site, the single-day celebration stemmed from the unification of the Armed Forces under one department — the Department of Defense.



Command Sgt. Maj. George Nieves, from Fifth U.S. Army, waves to the crowd Saturday during the Armed Forces Day parade. Nieves, who represented Fort Sam Houston at the parade, rode in the 5th Recruiting Brigade's black and gold hummer.



(Left)The Lackland Air Force Base Honor Guard represents local area Air Force bases during the parade to celebrate the Air Force and its contributions to national defense.



The Army Medical Command Band, led by Sgt. 1st Class Sean Firch and Drum Major, Sgt. Eugene Lawrence, entertain the crowd with patriotic music.

Fort Sam Houston Soldiers prepare for summer safety

Story and photos by Shadi May Fort Sam Houston Public Information Office

Monday is Memorial Day, and it is also the start of the 101 critical days of summer safety campaign.

Safety hazards surround us at home, work, on the road or on vacation, but there are measures we can take to avoid mishaps and serious accidents.

To bring awareness to the Fort Sam Houston community, the post's safety office hosted a safety day Tuesday to inform the installation's population on procedures to follow in order to have a safe summer season.

"We are partly responsible for making these accidents not happen," said Col. Garry Atkins, U.S. Army Garrison commander, to commanders, first sergeants, sergeants major and supervisors attending the safety briefing. "You are the ones who see your Soldiers having a problem and can help them."

The National Highway Traffic Safety Administration reported 699 Texas drivers and passengers died in traffic crashes in 2004

"Don't let your Soldiers add to the statistics," added Atkins.

Statistically, there is an increase in mishaps during the long days of summer.

People are engaged in various outdoor activities which will make them even more vulnerable to accidents. Barbecuing, gardening, swimming and water sports, hiking and biking are just examples of ways people could jeopardize their safety if they don't make wise decisions.

The summer period also brings a few three-day holiday periods which could lead to more opportunities for drinking and driving.

"Alcohol consumption results in impairment in judging and reasoning," said Officer Mike Moore of the San Antonio Police Department. "There are ways to avoid drunk driving such as avoiding drinking, choosing a designated driver, catching a taxi or staying the night at the friend's or family's house."

Moore also cautions that in his 11 years of law enforcement experience, most accidents happen between the hours of 10 p.m. to 4 a.m. He suggests drivers pay particular attention if driving during those hours. He also reminds drivers to drive more cautiously on roads undergoing construction.

Motorcycle accidents are also a huge concern for military commanders as there has been an escalating loss of Soldiers' lives to motorcycle accidents. According to a report by Department of the Army Pentagon telecommunication, nine Soldiers have lost their lives in motorcycle accidents during the first two months of 2005. Risk management can go a long way toward preventing motorcycle accidents. Riding a motorcycle can be very dangerous. Riders can save their lives by wearing proper gear, practicing safety guidelines and most importantly, by having precise judgment.

"Many Soldiers come back from their tours in Iraq and Afghanistan and feel invincible, but everyone is vulnerable to accidents and must practice safety," said Atkins. "I ask you to use solid judgment and guide your Soldiers properly if you ride motorcycles."

While motorcycle and vehicle accidents remain a No. 1 safety concern in the military, fire is another hazard during the summer season. Unattended cooking is the No. 1 cause of fires at home.

"There are also cases of people causing fires with microwave use," said Thomas Taylor, a Fort Sam Houston fire inspector. "People leave popcorn for what they mean to be three minutes, but press 30 minutes, only to come back and find a fire."

The post fire department officials advise that all residents have an evacuation plan for their house. They also ask residents on post to call 554-4713 when reporting an emergency on post or from a cell phone on post.

"Calling 911 will get the callers to the city's emergency services which will notify the post officials, but it will delay the process," said Taylor.

Here are some tips for a safe summer season and a safe year:

- Wear your seatbelt at all times regardless of what distance you will travel
- Refrain from using cell phones while driving
- Barbecue at least 10 feet away from a building; watch for trees or car port ceilings
- Use gardening tools for their intended use and with caution (digging too far could reach city's electrical cables or wires which can carry as little as 7,900 volts of current)
- Keep an eye on children when playing on trampolines or swimming
- Do not operate electrical equipment when coming out of a pool while still wet (changing CDs in the player or adjusting the volume)
- Avoid heat exhaustion (jog, hike or bike during cooler hours of the day and drink plenty of water)
- Avoid office injuries (most office mishaps are caused by slips, trips, falls and improper lifting)

For more information on safety concerns, call the installation safety office at 221-3866.



Mary Lloyd, Camp Bullis Safety Office, demonstrates the use of the wet bulb globe temperature kit to Frank Benavides, Brooke Army Medical Center Safety Office. The kit is used to stay within the training parameters and guidelines for heat injury prevention. The "wet bulb" is available to all military units through their supply chain.



(Above) Civilian and military members learn about the latest safety products and services during the Fort Sam Houston Safety Day.



Lawrence Arispe, a safety technician at Brooke Army Medical Center, drives a golf cart with goggles, which allow him to simulate driving with impaired vision under the influence of alcohol, with Fifth U.S. Army safety instructor, Master Sgt. William Johnson, during the Fort Sam Houston Safety Day on Tuesday.

(Right) Fort Sam Houston Provost Marshal Office displayed one of its patrol motorcycles during safety day. Motorcycle accidents are on the rise within the military and the Army. For more information on courses and safety tips, call 221-2222.



Post Pulse: Over Memorial weekend, what can you do to stay safe?



"I ensure fire exits are not blocked and smoke detectors work properly." Staff Sgt.

Sherwin Jacobs



"I encourage people not to drink and drive and to use proper safety precautions while cooking out."

Lawrence Arispe



"I am a safety NCO, so my home is always electrically and mechanically safe."

Master Sgt. Johnson



"I tell my children to swim with a buddy and wear pads and helmets while bicycling." Kristi Kelly

'Click It or Ticket' campaign enforces seatbelt laws

By Staff Sgt. Ronald D. Shaw Directorate of Emergency Services



The Fort Sam Houston police will be out in force during the "Click It or Ticket" campaign, which runs through June 5, according to Lt. Col. Darrel W. Andrews, Directorate of Emergency Services director. Motorists who do not buckle up will risk getting a ticket on Fort Sam Houston.

"There are still a lot of people in this jurisdiction who think they don't need to buckle up. We want these drivers and passengers to know that buckling their seatbelt is a smart move that gets them on down the road," said Andrews. "We'll be writing tickets for the folks who just don't get it yet. We'd rather write them a ticket than see someone injured or dead in a crash down the road."

Wearing a safety belt reduces the risk of dying in a rollover crash by up to 80 percent. In 2004, 699 Texas truck drivers and passengers died in traffic crashes, according to the National Highway Traffic Safety Administration crash data.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN
HAPPEN.
The Financial
Readiness Program
at Army Community
Service offers this new service. For more information, call 221-1612.

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th grades at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

YS shuttle unavailable

Youth Services no longer has a shuttle to pick up or take children home. Parents of school age children will need to bring them to the Youth Center and sign them in and will need to pick them up and sign them out before 8 p.m. every Saturday. YS will continue to pick up youth from school Monday through Friday.

Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf experts, roller hockey enthusiasts, tennis players, sports coaches, computer skilled people and craft experts. Clerical experts are also needed. For more information, call the Youth Center at 221-3502.

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make slushies.

Free after school program

Youth Services offers a free after school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502.

Youth sports registration

There are still openings for the spring baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year-olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

Youth cheer clinic

Youth Services will hold a weekly cheer clinic at the Youth Center. There will be two different age groups: 5- to 8-year-olds who will meet Wednesday from 6 to 7 p.m. and 8-to 12-year-olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Parent News

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Webbased information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call CYS Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

Child and Youth Services Parent Advisory Council meeting will be June 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

SCHOOL NEWS

Sixth graders graduate from DARE program

Story and photos by Elaine Wilson Fort Sam Houston Public Information Office

Six years of preparation and education culminated in two graduations for the Fort Sam Houston Elementary School sixth grade class.

The sixth graders, who are about to graduate from elementary school, also graduated Friday from the Drug Abuse Resistance Education, or DARE, program, designed to equip youth with the tools they need to resist peer pressure.

"The program teaches students skills to make good choices both in school and after," said Jayne Hatton, elementary school principal.

The program starts in kindergarten with pictures to illustrate positive decision-making and evolves with the child into an interactive classroom event. It culminates in a 10-week course at the end of elementary school that features everything from classroom discussion to a demonstration of the affects of alcohol.

"We had students drive golf carts with beer goggles on," said Sgt. Carson Lang, Fort Sam Houston's DARE officer who led the students through the course. "Everyone ran over something. They learned that drinking and driving is not fun.

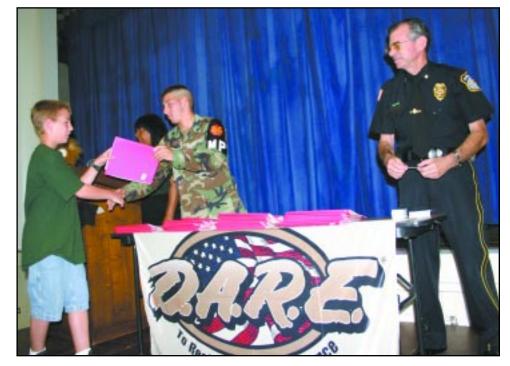
"I saw my life flash before my eyes a

few times," Lang joked.

While the course covers the dangers of drugs, alcohol, smoking and chewing, the goal, more than education, is empowerment through good decision-making.

"When you make a decision, think about the important people in your life, like your parents and teachers," said Ray Acuna, deputy provost marshal. "Ask yourself, 'Will my parents be proud of me if I do this?' Base your decision on the answer to that question."

DARE's four step decision-making model – define, access, respond and evaluate – helps children obtain positive outcomes.



Dallas Mazak, a sixth grader from Fort Sam Houston Elementary School, receives a Drug Abuse Resistance Education program certificate from Sgt. Carson Lang, installation DARE officer, May 19 during a DARE graduation ceremony for the sixth grade class. Ray Acuna (right), deputy provost marshal, was also on hand to congratulate the graduates.

"DARE equips kids with the skills to make good decisions," Lang said. "The important points are to stay safe, be yourself and don't let anyone make decisions for you."

This becomes more difficult as children enter middle school when peer pressure and the need for acceptance become increasingly important.

"A lot of the kids look up to eighth graders, but I let them know that the majority is not smoking or drinking," Lang said. "Only about 8 percent smoke

and 18 percent drink. They can look to the majority and have positive examples."

With a 100 percent graduation rate, Lang hopes he impacted at least a few of the students.

"They worked hard and did an awesome job," he said. "Working with these students is definitely the highlight of my career so far."

Lang is available to speak about DARE to post units and private organizations. For more information, call him at 221-9686.

Bright future

gratulate the students.

Four sixth graders receive special recognition for

their essays about the Drug Abuse Resistance

Education program at the DARE graduation May 19.

The top essay writers were (students from left)

Josefine Godina, second place; James Harden,

third place; Lemon Hodges, fourth place; and

Gretchen Newcomer, first place. Ray Acuna (far

left), deputy provost marshal, and Sgt. Carson Lang

(far right), DARE officer, were also on hand to con-



Photo by Dr. Gloria Davila

Chief Petty Officer Carl W. Bell (right), Navy ROTC scholarship coordinator and recruiter, congratulates senior Scott Gibson (left) Monday for receiving a four-year Navy ROTC scholarship to the University of California at Berkeley. Gibson, the 2005 class valedictorian, also received a four-year ROTC scholarship from the Air Force and Army. Scott plans to attend Brigham Young University in Utah.

Go Wild - READ

Fort Sam Houston library will start its "Go Wild – READ" program Wednesday. Children in preschool through eighth grade can sign up for the 2005 Summer Reading Club and earn prizes such as book bags, brand-new paperback and hardbound books, and arts and crafts kits. They can also receive a T-shirt with a reading theme if they read 1,000 pages. For more information, call the library at 221-4702.

DARE parent tips

- Establish family rules that make it clear that drug use will not be tolerated.
- Educate yourself about drugs, so you can talk informatively with your children and answer their questions.
- Spend time with your children listening to their concerns and showing how much you love and care for them.
- Recognize that you are their most important role model.
- Because peer pressure is a major factor in teen drug use, know your children's friends.
- Talk with other parents. Try to establish uniform rules that make access to drugs harder, such as setting a curfew and limiting the amount of spending money they receive.
- If a problem exists, get help! Don't say, "Not my child!"
- Teach children about the many positive alternatives to drug use.

(Source: Drug Abuse Resistance Education Web site at www.dare.com)

Growing healthy kids

FORT HOOD, Texas — Obesity among children is a growing issue in today's society. In order to raise a healthy child in a world of fast food and video games, we must take a proactive stand in the lives of

our children. Here are some healthy tips to help guide you.

• Limit juice, sodas and other sweet beverages to two 8-ounce servings a day. Calories from drinks add up and contribute to weight gain.

• Offer milk at meals.

Serve skim or 1 percent
milk to all children over age

• Be active as a family.

Decrease time watching the television, playing video games and sitting in front of a computer.

Play sports, ride bikes and go swimming instead.

• Encourage children to eat breakfast every morning. Breakfast eaters tend to be healthier,

manage weight better and perform better in school.

 Aim for five fruits and vegetables a day by including them at every meal and snack.

> Remember, children learn by watching others. Parents, friends, teachers and television may influence a child's eating habits. By eating nutritious meals and snacks, parents can set a good example for

children to follow.

(Source: Darnall Army Community Hospital Nutrition Care Division)



Happenings

Asian Pacific American festival

A Medical Command Mini Culture Festival featuring vendor displays, music dance and a potluck will be at 11 a.m. today at the rear of the Headquarters Medical Command building.

Memorial Day fundraiser

Texas Statewide Golf Courses will collect donations for the Children of Fallen Soldiers Relief Fund, which donates college money to children who have lost a parent in the Afghanistan or Iraq wars. The event is scheduled for Monday and is open to everyone. A \$1 donation will be collected when people tee off on a course or driving range at a paticipating golf course. For more information, e-mail dfordtexas@cfsrf.org or yellowribbon7@msn.com.

Memorial Day ride

The Twin Elm guest ranch in historic Bandera, Texas, will host a Memorial Day weekend trail ride which will include fun, friendship and trail riding Friday to Monday. Activities include swimming and tubing in the Medina River, and shopping at arts and crafts areas. For prices and directions, call (903) 856-3691 or visit www.banderaregulars.org. All proceeds from the ride will be donated to the Soldier and Family Assistance Center.

PC sale at BAMC

FSM Leasing will conduct a sale of the personal computers coming off lease on the back loading dock of Brooke Army Medical Center June 3 from 12 to 6 p.m. and June 4 from 10 a.m. to 3 p.m. The sale will cease once all of the PCs are sold, and they will be sold on a first-come first-served basis. Payments can be made by cash, money order, certified check, credit card or personal check with proper reviews. For more information, call Herb Jones at 916-3132.

Bicycle safety rodeo

There will be a Bicycle Safety Rodeo and Safety Helmet Clinic June 3 from 9 to 11:30 a.m. at the corner of Winans Road and Dodd Bulevard (School Age Services). Children may bring their bicycles to the event. Parking will be available across the street at the Dodd Field Chapel parking lot. For more information, call the Safety and Occupation Health Office at 221-3823.

Joe Matlock's book signing

Author Joe Matlock will be available to discuss and sign his new novel, "Twilight of Fury," at the Post Exchange Saturday and Sunday from 1 to 5 p.m. The book is about the transformational journey of a World War II fighter pilot. To view some chapters, visit www.JoeMatlock.com.

Rainbow Kids

Rainbow Kids, a Fort Sam Houston Youth Services-sponsored non-profit group, will perform in support of America's troops June 4 at 7 p.m. at the Hacienda Recreation Center, Building 1462. They will compete in the teen talent competition, competing with installations nation-wide. A one-hour show will be performed, featuring songs and dance from the 40s, 50s, 60s and country music. The group is also available for scheduling, at no charge, for organizations and special events. For more information, call Betsy Dvorak at 833-0063 or e-mail at dvorak724@earthlink.net.

"Leapin" Deacon book signing

Retired chaplain (Col.) Conrad N. Walker, widely known as the "Leapin Deacon," will come to Fort Sam Houston June 3 and 4 for three book signing sessions. Walker is a highly decorated combat chaplain who has ministered to Sky Soldiers in Vietnam. He will be at the Army Medical Department Center and School student bookstore from 10 a.m. to 12 p.m., and the AMEDD Museum bookstore from 1:30 to 4 p.m. June 3 and at the Post Exchange from 11 a.m. to 1 p.m. June 4.

Robert Skimin's book signing

Robert Skimin, a retired Army artillery officer, paratrooper and Army aviator, will sign his latest book, "Footprints of Heroes, American Revolution to the War in Iraq," at the Post Exchange June 5 from 12:30 to 2:30 p.m. The book covers major heroes and obscure ones in all branches of the service in all of U.S. wars from Medal of Honor recipients to a black nurse who was awarded the Soldier's Medal.

Kraft youth essay contest

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. To enter the contest, military children should write an essay, not to exceed 1,000 words, on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277. For more informattion, call 221-2307.

Bat boy (girl) opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girl) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy, send a post card to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.hero salute.com or in the entrance plaza of participating parks, and must show a Department of Defense-issued photo ID. For more information, visit www.herosalute.com..

Northwest YMCA Walk

The Randolph Roadrunners Volksmarch Club and YMCA will sponsor a 10-kilometer (6.2 miles) and 5-kilometer walk in northwest San Antonio Saturday. The start point is at the Northwest YMCA at 6530 Wurzbach Road between 8 a.m. and noon, and will finish by 3 p.m. The walk route is along sidewalks and city streets in older, well-established neighborhoods. For more information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com or view the walk brochure at www.geocities.com/randolphroadrunners.

San Antonio walking tour

The Army Community Service Relocation Program and the United Service Organizations will offer a downtown San Antonio walking tour June 2 from 9 a.m. to 1 p.m. The tour will meet at the Roadrunner Community Center at 8:45 a.m., and transportation will be provided to the USO downtown. For more information, call ACS at 221-2418.

Disc golf tournament

The Randolph Metrocom Chamber of Commerce and City of Live Oak will host the sixth annual Disc Golf Tournament June 4 at 10 a.m. at Live Oak Park. For more information, call 653-9140, extension 212.

Volunteer

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

WHMC periodontics seeks patients

The Wilford Hall Medical Center
Department of Periodontics at Lackland
Air Force Base seeks patients with specific needs for treatment in the Periodontics
Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

BAMC needs volunteers

Brooke Army Medical Center needs drivers for its caremobiles which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

Professional Development

Home-based Career Development

The Army Community Service will host a Home-Based Career Development Program workshop June 9 from 8:30 a.m. to 3:30 p.m. for job seekers and career changers who would like to work from home. The program is designed by Staffcentrix training company, and will be hosted through the Family Employment Readiness Program at the ACS building. It is free but limited to 35 participants. To complete an online application, log on to http://www.msvas.com/HBCDP_FSH.htm. For more information, call Josie Gonzales, Family Employment Readiness Program Manager, at 221-0516.

AFTB course in Spanish

Army Family Team Building will offer its AFTB Level I classes in Spanish June 6 from 8:30 a.m. to 5 p.m. at the Roadrunner Community Center. The class will entail information on the Army cul-

ture, acronyms, benefits and entitlements and many more topics. For more information and to register for the classes, call the AFTB staff at 221-0275.

St. Mary's offers teaching degree

St. Mary's University is taking applications for the Master of Arts in Educational Leadership for fall 2005. Qualified candidates may become teacher certified in Texas with 18 hours of graduate work while pursuing the master's program. Classes are held on Fort Sam Houston and campus. Active duty and retired military, Department of Defense employees and spouses of these groups can receive 50 percent off tuition per three-hour course. For more information, call Judy Olivier, 226-3360 or visit their office in Building 2248, room 206.

Free computer training

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

Meetings

USAWOA Lone Star Chapter

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhauer). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Randy Blackburn at 295-2143 or e-mail randy.blackburn@samhouston.army.mil.

Annual communication exposition

Lackland Air Force Base's 37th Communications Squadron will host its 11th annual communication and information exposition June 22 from 9:30 a.m. to 1:30 p.m. at Mitchell Hall. The event is free and open to all Department of Defense government and contractor personnel. For more information, call 925-1157.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Queen size futon, upgraded mattress, wooden frame, good condition, \$75; kayak with oar, seat, knee straps, life vest and leash, barely used, \$300. Call 221-6385 or 533-1993.

For Sale: Four-year-old avocado tree, ready to go from planter to ground, approximately 5-feet tall and has first lateral branches, \$25. Call 648-8290.

For Sale: Admiral designer series frostless refrigerator, 21.7 cubic feet, \$125. Call 271-3186.

For Sale: Tan and brown hideaway couch in fair condition, \$100; blue corduroy recliner in fair condition, \$100; General

Electric white side by side refrigerator, 24.9 cubic feet, model # GSS25KGPWW, brand new, still boxed, \$700. Call 658-1643 after 6 p.m.

For Sale: Navy leather sleeper sofa and love seat in excellent condition, \$350 obo. Call Maj. Nguyen at 310-7899.

For Sale: Basketball back board, \$49; large roof top luggage carrier, \$99; medium roof top luggage carrier, \$49. Call 659-6741.

For Sale: 2003 Yamaha limited edition YZF-R1, black with flames, 5K miles, extras included, excellent condition, never abused, e-mail glen.strobach@us.army.mil for pictures, \$8,250. Call (915) 276-6466.

For Sale: Beautiful stereo and TV cabinet, solid oak construction, roll out shelf for record player plus two adjustable shelves for stereo and game equipment behind two beveled glass doors, additional wooden doors below the TV portion of the unit with shelving to store games and videos, paid \$600, will sell for \$250 obo. Call 590-4854.

For sale: 2000 Ford Ranger XLT in excellent condition, all options, 113K miles, everything works well, \$6,500; 1991 Fleetwood Flair, class A, 26-foot motor home, super condition, looks new, sleeps six, new tires, completely self-contained, only 100 hours on generator, Ford 460 engine,

35K miles, \$13,500 obo. Call 673-9649.

For Sale: 1953 GMC truck, Positrac rear axle, \$1,500. Call 859-6848.

For Sale: Cast aluminum dining set with beveled glass tabletop, includes four chairs with cloth padding, excellent condition, \$125. Call 527-9368 and leave a message.

For Sale: One ladies platinum engagement ring with 0.63 carats of round and baguette shape diamonds in the band with a 0.55-carat princess cut diamond, paid \$3,500, sell for \$1,800. For more information and pictures, email ry3lamp@gmail. com.